

FALL 2014 BRANCH SITE SCHEDULE

New class schedule begins September 2nd unless otherwise noted

Core Conditioning

- Monday and Wednesday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

Beginning Crochet (Begins Sept 10)

- Wednesday
- 6 week class
- 10:30-
- Instructor: Susan Egan
- Location: Lynn View Branch Site
- \$20.00
- Must be right handed, call for materials list. 765-9047

Intermediate Crochet (Begins Sept 10)

- Wednesday
- 6 week class
- Instructor: Susan Eagan
- Location: Lynn View Branch site
- 11:30
- \$20.00
- Bring your own pattern

Beginning Drawing

- Monday
- Time: 10:00am - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Fee: \$25 Minimum 5 students
- Basic drawing class

Advanced Drawing

- Wednesday
- Time: 9:00am –11:00am
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club (Sept 8)
- Instructor: Lyna Faye McConnell

Line Dance - Intermediate

- Monday
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club (Sept 8)
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.

Advanced Yoga

- Tuesday and Thursday
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC Rec. Room
- Instructor: Tish Kashdan

Private Personal Training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Artist and Crafters Monthly Breakfast

- 2nd Wednesday *NOTE DATE CHANGE
- 9:30am
- Lynn View Branch Site
- Please call for reservation 765-9047

Yoga

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

SilverSneakers Muscular Strength and Range of Movement

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Piloxing

- Tuesday
- Time: 9:30am
- Location: Colonial Heights Baptist Church (Sept 2)
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

Total Body Workout

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor, Terri Bowling

Game Day

- 3rd Monday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

Pickleball

- Monday and Wednesday
- Time: 10:00pm - 12:00pm
- Lynn View Branch Site

Silver Sneakers Yoga

- Wednesday
- Time: 11:00am
- Location: Colonial Heights (Sept 3) Baptist Church
- Instructor: Darlene Taylor

Indoor Walking

- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

Silver Sneakers Yoga

Monday and Wednesday
Time: 11:00
Location: Lynn View Branch Site
Instructor: Chris Hicks

Artists Wanted

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information.
Cindy at 423 392-8402 or 423-765-9047.
Visit our website
www.kingsportseniorartisancenter.com
And like us on Facebook